

PE Curriculum 2022- 2023



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<u>Gymnastics</u> Sequences Travelling in different ways- moving over/under/around/through. Tiptoe, step, Handstand, cartwheels & round offs- hop. Hopscotch, skip, gallop Rolls- log, curled side, teddy bear Jumps- straight, tuck, jumping jack, Vaults- straight jump Bunny hop, front support wheelbarrow with partner. Balances & shapes- standing, kneeling, pike, tuck, star, straight, straddle Evaluate- watch and describe performances. Begin to say how they can be improved. Perform- with some coordination. Begin to perform learnt skills with some control <u>Indoor games & Team building</u> Attacking & Defending- Begin to use the terms attacking and defending. Use simple defensive skills such as marking a player or defending a space. Use simple attacking skills such as dodging to get past a defender. Perform- Begin to perform learnt skills with some control. Engage in competitive activities and team games. Evaluate- Watch and describe performances. Begin to say how they can improve.	<u>Dance</u> Skills- Copy and repeat actions. Put a sequence of actions together to create a motif. Vary the speed of the actions. Use simple choreographic devices such as unison, canon and mirroring. Begin to improvise independently to create a simple dance. Perform- Perform using a range of actions and body parts with some coordination. Begin to perform learnt skills with some control. Evaluate- Watch and describe performances. Begin to say how they could improve. <u>Fitness</u> Describe how the body feels before and after exercise. Carry and place equipment safely.	<u>Striking & Hitting</u> Use hitting skills in a game. Practise basic striking, sending and receiving. <u>Passing</u> Pass the ball to another player in a game.. Use kicking skills in a game.	<u>Throwing & Catching</u> Throw underarm and overarm. Catch and bounce a ball. Use rolling skills in a game. Practise accurate throwing and consistent catching. <u>Using Space</u> Use different ways of travelling in different directions or pathways. Run at different speeds. Begin to use space in a game.	<u>Travelling with a ball</u> Travel with a ball in different ways. Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency. <u>Attacking & Defending</u> Begin to use the terms attacking and defending. Use simple defensive skills such as marking a player or defending a space. Use simple attacking skills such as dodging to get past a defender.	<u>Athletics</u> Running- vary their pace and speed when running. Run with basic technique over distance, show good posture and balance, jog and sprint in a straight line, change direction when jogging and sprinting, maintain control as they change direction when jogging and sprinting. Jumping- Perform different types of jumps, perform a short jumping sequence, jump as high and as far as possible, land safely with control, work with a partner to develop the control of their jumps. Throwing- Throw underarm and overarm, throw a ball towards a target with increasing accuracy, improve the distance they can throw by using more power. Perform- Begin to perform learnt skills with some control. Engage in competitive activities and team games. Evaluate- Watch and describe performances. Begin to say how they can improve.
Year 2	<u>Gymnastics</u> Sequences Travelling in different ways- Rolls- log, curled side, teddy bear, rocking for forward roll, crouched forward roll Jumps- half turn, cat spring, cat spring to straddle Vaults- Hurdle step onto springboard, straight jump off springboard, tuck jump off springboard. Handstand, cartwheels & round offs T-level, Scissor kick Balances & shapes- large body part balances, balances on apparatus, balances with partner pike, tuck, star, straight, straddle shapes. Front and back support Evaluate- Watch and describe performances and use what they see to improve their own performance. Talk about the differences between their work and that of others, Perform- with coordination. Perform learnt skills with increasing control <u>Indoor games & Team building</u> Attacking & Defending- Begin to use and understand the terms attacking and defending. Use at least one techniques to attack or defend to play a game successfully. Perform- Perform learnt skills with increasing control. Compete against self and others. Evaluate- Watch and describe performances and use what they see to improve their own performances. Talk about the differences between their work and that of others	<u>Dance</u> Skills- Copy, remember and repeat actions. Create a short motif inspired by a stimulus. Change the speed and level of their actions. Use different transitions within a dance motif. Move in time to music. Improve the timing of their actions. Perform- Perform sequences of the own composition with coordination. Perform learnt skills with increasing control. Complete against self and other. Evaluate- Watch and describe performances, and use what they see to improve their own performances. <u>Fitness</u> Recognise and describe how the body feels during and after different physical activities. Explain what they need to stay healthy.	<u>Striking & Hitting</u> Strike or hit a ball with increasing control. Learn skills for playing striking and fielding games. Position the body to strike a ball. <u>Passing</u> Know how to pass the ball in different ways.	<u>Throwing & Catching</u> Throw different types of equipment in different ways, for accuracy and distance. Throw, catch and bounce a ball with a partner. Use throwing and catching skills in a game. Throw a ball for distance. Use hand-eye coordination to throw a ball. Vary types of throw used. <u>Using Space</u> Use different ways of travelling at different speeds and following different pathways, directions or courses. Change speed and direction whilst running. Begin to choose and use the best space in a game.	<u>Travelling with a ball</u> Bounce and kick a ball whilst moving. Use kicking skills in a game. Use dribbling skills in a game. <u>Attacking & Defending</u> Begin to use and understand the terms attacking and defending. Use at least one techniques to attack or defend to play a game successfully.	<u>Athletics</u> Running- Run at different paces, describing the different paces, use a variety of different stride lengths, travel at different speeds, begin to select the most suitable pace and speed for distance, vary the speed and direction in which they are travelling. Run with basic techniques following a curved line. Be able to maintain and control a run over different distances. Jumping- Perform and compare different types of jumps. Combine different jumps together with some fluency and control. Jump for distance from a standing positions with accuracy and control. Investigate the best jumps to cover different distances. Choose the most appropriate jumps to cover different distances. Throwing- Throw different types of equipment in different ways, for accuracy and distance. Throw with accuracy at targets of different heights. Investigate ways to alter their throwing technique to achieve greater distance. Perform- Perform learnt skills with increasing control. Compete against self and others. Evaluate- Watch and describe performances and use what they see to improve their own performances. Talk about the differences between their work and that of others.
Year 3	<u>Gymnastics</u>	<u>Dance</u>	<u>Netball</u>	<u>Tennis</u>	<u>OAA</u>	<u>Athletics</u>

	<p>Sequences</p> <p>Travelling in different ways- chassis steps, cat leap</p> <p>Rolls- crouched forward rolls, forward rolls from standing, tucked backward rolls</p> <p>Jumps- star, straddle, pike, straight, cat leap</p> <p>Vaults- hurdle step onto springboard, squad on vault, star jump off, tuck jump off, straddle jump off, pike jump off</p> <p>Handstand, cartwheels & round offs- handstand, lunge into handstand, cartwheel</p> <p>Balances & shapes- Large & small body parts balances, including standing and kneeling balances on apparatus, matching and contrasting partner balances.</p> <p>Evaluate- Watch, describe and evaluate the performance. Describe how their performance has improved over time.</p> <p>Perform- Develop the quality of actions in their performances, perform learnt skills and techniques with control and confidence, compete against self and others in a controlled manner</p>	<p>Skills- Begin to improvise with a partner to create a simple dance. Create motifs from different stimuli. Begin to compare and adapt movements and motifs to create a larger sequence. Use simple dance vocabulary to compare and improve work. Perform with some awareness of rhythm and expression.</p> <p>Perform- develop the quality of the actions in their performances. Perform learnt skills and techniques with control and confidence.</p> <p>Compete against self and others in a controlled manner.</p> <p>Evaluate- Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time.</p>	<p>Throwing and Catching- Throw and catch with greater control and accuracy. Practise the correct technique for catching a ball and use it in a game.</p> <p>Perform a range of catching and gathering skills with control.</p> <p>Catch with increasing control and accuracy.</p> <p>Throw a ball in different ways (high, low, fast, slow)</p> <p>Passing a ball- Pass the ball in two different ways in a game situation with some success.</p> <p>Possession- Know how to keep and win back possession of the ball in a team game.</p> <p>Using Space- Find a useful space and get into it to support teammates.</p> <p>Attacking & Defending- Use simple attacking and defending skills in a game.</p> <p>Tactics & Rules- Apply and follow the rules fairly.</p> <p>Understand and begin to apply the basic principle of invasion games.</p> <p>Perform- develop the quality of the actions in their performances.</p> <p>Perform learnt skills and techniques with control and confidence.</p> <p>Compete against self and others in a controlled manner.</p> <p>Evaluate- Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time.</p>	<p>Striking and hitting- demonstrate successful hitting and striking skills.</p> <p>Develop a range of skills in striking and fielding where appropriate.</p> <p>Tactics & Rules- Apply and follow the rules fairly.</p> <p>Know how to play a striking and fielding game.</p> <p>Perform- develop the quality of the actions in their performances.</p> <p>Perform learnt skills and techniques with control and confidence.</p> <p>Compete against self and others in a controlled manner.</p> <p>Evaluate- Watch, describe and evaluate the effectiveness of a performance.</p> <p>Describe how their performance has improved over time.</p>	<p>Trails- Orientate themselves with increasing confidence and accuracy around a short trail.</p> <p>Problem Solving- Identify and use effective communication to begin to work as a team. Identify symbols used on a key.</p> <p>Preparation & Organisation- Begin to choose equipment that is appropriate for an activity.</p> <p>Communication- Communicate with others.</p> <p>Compete/Perform- begin to complete activities in a set period of time. Begin to offer an evaluation of personal performances and activities.</p> <p>Evaluate- Watch, describe and evaluate the effectiveness of a performance.</p>	<p>Running- Identify and demonstrate how different techniques can affect their performance. Focus on their arm and leg action. Begin to combine running with jumping over hurdles.</p> <p>Jumping- Use one and two feet to take off and land with. Develop an effective take-off for standing long jump. Develop an effective flight phase for the standing long jump.</p> <p>Throwing- Throw with greater control and accuracy. Show increasing control in their overarm throw. Perform a push throw. Continue to develop techniques to throw for increased distance.</p> <p>Perform- Perform learnt skills and techniques with control and confidence. Compete against self and others in a controlled manner.</p> <p>Evaluate- Watch and describe performances and use what they see to improve their own performances. Describe how their performance has improved over time.</p>
	<p>Indoor games & Team building</p> <p>Communication- Communicate with others.</p> <p>Problem Solving- Identify and use effective communication to begin to work as a team.</p> <p>Attacking & Defending- Use simple attacking and defending skills in a game.</p> <p>Tactics & Rules- Apply and follow the rules fairly.</p> <p>Perform- develop the quality of the actions in their performances.</p> <p>Perform learnt skills and techniques with control and confidence.</p> <p>Compete against self and others in a controlled manner.</p> <p>Evaluate- Watch, describe and evaluate the effectiveness of a performance.</p> <p>Describe how their performance has improved over time.</p>	<p>Boxing/Fitness</p> <p>Recognise and describe the effects of exercise on the body.</p> <p>Know the importance of strength and flexibility for physical activity.</p> <p>Perform- develop the quality of the actions in their performances.</p> <p>Perform learnt skills and techniques with control and confidence.</p> <p>Evaluate- Watch, describe and evaluate the effectiveness of a performance.</p> <p>Describe how their performance has improved over time.</p>	<p>Swimming</p> <p>Lessons constructed by Meadway Sports Centre</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Perform safe self-rescue in different water-based situations</p>	<p>Football</p> <p>Travelling with a ball- Move with the ball in a variety of ways with some control.</p> <p>Use two different ways of moving with a ball in a game.</p> <p>Passing a ball- Pass the ball in two different ways in a game situation with some success.</p> <p>Possession- Know how to keep and win back possession of the ball in a team game.</p> <p>Using Space- Find a useful space and get into it to support teammates.</p> <p>Attacking & Defending- Use simple attacking and defending skills in a game.</p> <p>Tactics & Rules- Apply and follow the rules fairly.</p> <p>Understand and begin to apply the basic principle of invasion games.</p> <p>Perform- develop the quality of the actions in their performances.</p> <p>Perform learnt skills and techniques with control and confidence.</p> <p>Compete against self and others in a controlled manner.</p> <p>Evaluate- Watch, describe and evaluate the effectiveness of a performance.</p> <p>Describe how their performance has improved over time.</p>	<p>Tag Rugby</p> <p>Travelling with a ball- Move with the ball in a variety of ways with some control.</p> <p>Use two different ways of moving with a ball in a game.</p> <p>Passing a ball- Pass the ball in two different ways in a game situation with some success.</p> <p>Possession- Know how to keep and win back possession of the ball in a team game.</p> <p>Using Space- Find a useful space and get into it to support teammates.</p> <p>Attacking & Defending- Use simple attacking and defending skills in a game.</p> <p>Tactics & Rules- Apply and follow the rules fairly.</p> <p>Understand and begin to apply the basic principle of invasion games.</p> <p>Perform- develop the quality of the actions in their performances.</p> <p>Perform learnt skills and techniques with control and confidence.</p> <p>Compete against self and others in a controlled manner.</p> <p>Evaluate- Watch, describe and evaluate the effectiveness of a performance.</p> <p>Describe how their performance has improved over time.</p>	<p>Rounders</p> <p>Striking and hitting- demonstrate successful hitting and striking skills.</p> <p>Develop a range of skills in striking and fielding where appropriate.</p> <p>Practise the correct batting technique and use it in a game.</p> <p>Strike a ball for a distance.</p> <p>Attacking & Defending- Use simple attacking and defending skills in a game.</p> <p>Use fielding skills to stop a ball from travelling past them.</p> <p>Tactics & Rules- Apply and follow the rules fairly.</p> <p>Know how to play a striking and fielding game.</p> <p>Perform- develop the quality of the actions in their performances.</p> <p>Perform learnt skills and techniques with control and confidence.</p> <p>Compete against self and others in a controlled manner.</p> <p>Evaluate- Watch, describe and evaluate the effectiveness of a performance.</p> <p>Describe how their performance has improved over time.</p>
Year 4	<p>Gymnastics</p> <p>Sequences</p> <p>Travelling in different ways- straight jump full turn, cat leap half turn, pivot</p> <p>Rolls- straddle forward roll, backward roll to straddle</p> <p>Jumps- straight half turn, straight full turn, cat leap half turn.</p> <p>Vaults- straddle on vault</p> <p>Handstand, cartwheels & round offs- Lunge into cartwheel, lunge into round off</p> <p>Balances & shapes- 1,2,3 and 4 point balances, balances on apparatus, balances with and against partner</p> <p>Evaluate- Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify their use of skills or techniques to achieve a better result.</p> <p>Perform- perform and create sequences with fluency and expression, perform and apply skills and techniques with control and accuracy.</p>	<p>Dance</p> <p>Skills- identify and repeat movement patterns and actions of a chosen dance style. Compose a dance that reflects the chosen dance style. Confidently improvise with a partner or on their own. Compose longer dance sequences in a small group. Demonstrate precision and some control in response to stimuli. Begin to vary dynamics and develop actions and motifs in response to stimuli. Demonstrate rhythm and spatial awareness. Change part of a dance as a result of self-evaluation. Use simple dance vocabulary when comparing and improving work.</p> <p>Perform- Perform and create sequences with fluency and expression. Perform and apply skills and techniques with control and accuracy.</p> <p>Evaluate- Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify their use of skills or techniques to achieve a better result.</p>	<p>Football</p> <p>Travelling with a ball- Move the ball using a range of techniques showing control and fluency.</p> <p>Passing a ball- Pass the ball with increasing speed, accuracy and success in a game situation.</p> <p>Possession- Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.</p> <p>Using space- Make the best use of space to pass and receive the ball.</p> <p>Attacking & defending- Use a range of attaching skills and techniques in a game</p> <p>Tactics & Rules- vary the tactics they use in a game.</p> <p>Adapt rules to alter a game.</p> <p>Perform- Perform and apply skills and techniques with control and accuracy.</p> <p>Take part in a range of competitive games and activities.</p> <p>Evaluate- Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</p>	<p>Netball</p> <p>Throwing & Catching- Develop different ways of throwing and catching.</p> <p>Passing a ball- Pass the ball with increasing speed, accuracy and success in a game situation.</p> <p>Possession- Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.</p> <p>Using space- Make the best use of space to pass and receive the ball.</p> <p>Attacking & defending- Use a range of attaching skills and techniques in a game</p> <p>Tactics & Rules- vary the tactics they use in a game.</p> <p>Adapt rules to alter a game.</p> <p>Perform- Perform and apply skills and techniques with control and accuracy.</p> <p>Take part in a range of competitive games and activities.</p> <p>Evaluate- Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</p> <p>Modify their use of skills or techniques to achieve a better result.</p>	<p>Swimming</p> <p>Lessons constructed by Meadway Sports Centre</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Perform safe self-rescue in different water-based situations</p>	<p>Athletics</p> <p>Running- Confidently demonstrate an improved technique for sprinting. Perform a relay, focusing on the baton changeover technique. Develop a fluent changeover. Speed up and slow down smoothly.</p> <p>Jumping- Learn how to combine a hop, step and jump to perform the triple jump. Land safely with control. Begin to measure distance jumped.</p> <p>Throwing- Perform a pull throw. Measure the distance of their throws. Continue to develop techniques to throw for increased distance.</p> <p>Perform- Perform and apply skills and techniques with control and accuracy. Take part in a range of competitive games and activities.</p> <p>Evaluate- Watch, describe and evaluate the effectiveness of a performance, giving ideas for improvements. Modify their use of skills or techniques to achieve a better results.</p>

	<p><u>Indoor games & Team building</u></p> <p>Problem Solving- Communicate clearly with other people in a team, and with other teams. Have experience of a range of roles within a team and begin to identify the key skills required to succeed at each.</p> <p>Communication- Communicate clearly with others. Work as part of a team</p> <p>Attacking & defending- Use a range of attaching skills and techniques in a game</p> <p>Tactics & Rules- vary the tactics they use in a game.</p> <p>Adapt rules to alter a game.</p> <p>Perform- Perform and apply skills and techniques with control and accuracy.</p> <p>Take part in a range of competitive games and activities.</p> <p>Evaluate- Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</p> <p>Modify their use of skills or techniques to achieve a better result.</p>	<p>Describe how the body reacts at different times and how this affects performances.</p> <p>Explain why exercise is good for your health.</p> <p>Know some reasons for warming up and cooling down.</p>	<p>Modify their use of skills or techniques to achieve a better result.</p> <p><u>Tennis</u></p> <p>Striking & Hitting a ball- Accurately serve underarm.</p> <p>Use a bat, stick or racket to hit a ball with accuracy and control.</p> <p>Build a rally with a partner.</p> <p>Use at least two different shots in game.</p> <p>Use hand-eye coordination to strike a moving or stationary ball.</p> <p>Attacking & defending- Use a range of attaching skills and techniques in a game</p> <p>Tactics & Rules- vary the tactics they use in a game.</p> <p>Adapt rules to alter a game.</p> <p>Perform- Perform and apply skills and techniques with control and accuracy.</p> <p>Take part in a range of competitive games and activities.</p> <p>Evaluate- Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</p> <p>Modify their use of skills or techniques to achieve a better result.</p>	<p><u>Tag Rugby</u></p> <p>Throwing & Catching- Develop different ways of throwing and catching.</p> <p>Travelling with a ball- Move the ball using a range of techniques showing control and fluency.</p> <p>Passing a ball- Pass the ball with increasing speed, accuracy and success in a game situation.</p> <p>Possession- Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.</p> <p>Using space- Make the best use of space to pass and receive the ball.</p> <p>Attacking & defending- Use a range of attaching skills and techniques in a game</p> <p>Tactics & Rules- vary the tactics they use in a game.</p> <p>Adapt rules to alter a game.</p> <p>Perform- Perform and apply skills and techniques with control and accuracy.</p> <p>Take part in a range of competitive games and activities.</p> <p>Evaluate- Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</p> <p>Modify their use of skills or techniques to achieve a better result.</p>	<p><u>Preparation & Organisation-</u> Try a range of equipment for creating and completing an activity. Make an informed decision on the best equipment to use for an activity. Plan and organise a trail that others can follow</p> <p>Communication- Communicate clearly with others. Work as part of a team</p> <p>Compete/Perform- Complete an orienteering course more than once and begin to identify ways of improving completion time. Offer an evaluation of both personal performances and activities.</p> <p>Start to improve trails to increase the challenge of the course.</p> <p>Evaluate- Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify their use of skills or techniques to achieve a better result</p>	<p><u>Striking & Hitting a ball-</u> Accurately serve underarm.</p> <p>Use a bat, stick or racket to hit a ball with accuracy and control.</p> <p>Build a rally with a partner.</p> <p>Use at least two different shots in game.</p> <p>Use hand-eye coordination to strike a moving or stationary ball.</p> <p>Throwing & Catching- Develop different ways of throwing and catching.</p> <p>Attacking & defending- Use a range of attaching skills and techniques in a game.</p> <p>Use fielding skills as an individual to prevent a player from scoring.</p> <p>Tactics & Rules- vary the tactics they use in a game.</p> <p>Adapt rules to alter a game.</p> <p>Perform- Perform and apply skills and techniques with control and accuracy.</p> <p>Take part in a range of competitive games and activities.</p> <p>Evaluate- Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</p> <p>Modify their use of skills or techniques to achieve a better result.</p>
Year 5	<p><u>Gymnastics</u></p> <p>Sequences</p> <p>Travelling in different ways- straight jump full turn, cat leap half turn, pivot</p> <p>Rolls- pike forward roll</p> <p>Jumps- stag, split leap</p> <p>Vaults-squat through vault</p> <p>Handstand, cartwheels & round offs- Lunge into cartwheel, lunge into round off</p> <p>Balances & shapes- Part body weight partner balances</p> <p>Evaluate- Choose and use criteria to evaluate own and others performances. Explain why they have used particular skills or techniques, and the effort they have had on their performances.</p> <p>Perform-Perform own longer, more complex sequences in time to music. Consistently perform and apply skills and techniques with accuracy and control.</p> <p><u>Indoor games & Team building</u></p> <p>Attacking & defending- Choose the best tactics for attacking and defending.</p> <p>Problem Solving- Use clear communication to effectively complete a particular role in a team</p> <p>Communication- Communicate clearly and effectively with others. Work effectively as part of a team.</p> <p>Tactics & Rules- Devise and adapt rules to create their own game.</p> <p>Perform- Consistently perform and apply skills and techniques with accuracy and control.</p> <p>Take part in competitive games with a strong understanding of tactics and composition.</p> <p>Evaluate- Choose and use criteria to evaluate own and others performance.</p>	<p><u>Dance</u></p> <p>Skills- Compose individual, partner and group dances that reflect the chosen dance style. Show a change of pace and timing in their movements. Develop an awareness of their use of space. Demonstrate imagination and creativity in the movements they devise in response to stimuli. Use transitions to link motifs smoothly together. Improvise with confidence, still demonstrating fluency across the sequence. Ensure the actions fit the rhythm of the music. Modify parts of a sequence as a result of self and peer evaluation. Use more complex dance vocabulary to compare and improve work.</p> <p>Perform- Perform own longer, more complex sequences in time to music. Consistently perform and apply skills and techniques with accuracy and control.</p> <p>Evaluate- Choose and use criteria to evaluate own and others' performances. Explain why they have used particular skills or techniques, and effect they have had on their performances.</p> <p><u>Boxing/Fitness</u></p> <p>Know and understand the reasons for warming up and cooling down.</p> <p>Explain some safety principles when preparing for and during exercise.</p>	<p><u>Tag Rugby</u></p> <p>Throwing and Catching- Consolidate different ways of throwing and catching, and know when each is appropriate in a game.</p> <p>Travelling with a ball- Use a variety of ways to dribble in a game with success.</p> <p>Use ball skills in various ways and begin to link together.</p> <p>Passing a ball- Pass a ball with speed and accuracy using appropriate techniques in a game situation.</p> <p>Possession- Keep and win back possession of the ball effectively in a team game.</p> <p>Using space-Demonstrate an increasing awareness of space.</p> <p>Attacking & defending- Choose the best tactics for attacking and defending.</p> <p>Shoot in a game.</p> <p>Tactics & Rules- Know when to pass and when to dribble in a game.</p> <p>Devise and adapt rules to create their own game.</p> <p>Perform- Consistently perform and apply skills and techniques with accuracy and control.</p> <p>Take part in competitive games with a strong understanding of tactics and composition.</p> <p>Evaluate- Choose and use criteria to evaluate own and others performance.</p> <p>Explain why they have used particular skills or techniques, and the effect they have had on their performance.</p> <p><u>Tennis</u></p> <p>Striking & Hitting a ball- Use different techniques to hit a ball.</p> <p>Identify and apply techniques for hitting a tennis ball.</p> <p>Explore when different shots are best to use.</p> <p>Develop a backhand technique and use it in a game.</p> <p>Practise techniques for all strokes.</p>	<p><u>Football</u></p> <p>Travelling with a ball- Use a variety of ways to dribble in a game with success.</p> <p>Use ball skills in various ways and begin to link together.</p> <p>Passing a ball- Pass a ball with speed and accuracy using appropriate techniques in a game situation.</p> <p>Possession- Keep and win back possession of the ball effectively in a team game.</p> <p>Using space-Demonstrate an increasing awareness of space.</p> <p>Attacking & defending- Choose the best tactics for attacking and defending.</p> <p>Shoot in a game.</p> <p>Tactics & Rules- Know when to pass and when to dribble in a game.</p> <p>Devise and adapt rules to create their own game.</p> <p>Perform- Consistently perform and apply skills and techniques with accuracy and control.</p> <p>Take part in competitive games with a strong understanding of tactics and composition.</p> <p>Evaluate- Choose and use criteria to evaluate own and others performance.</p> <p>Explain why they have used particular skills or techniques, and the effect they have had on their performance</p> <p><u>Swimming</u></p> <p><u>Lessons constructed by Meadway Sports Centre</u></p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Perform safe self-rescue in different water-based situations</p>	<p><u>OAA</u></p> <p>Trails- Start to orientate themselves with increasing confidence and accuracy around an orienteering course. Design an orienteering course that can be followed and offers some challenge to others. Begin to use navigation equipment to orientate around a trail.</p> <p>Problem Solving- Use clear communication to effectively complete a particular role in a team. Complete orienteering activities both as part of a team and independently.</p> <p>Identify a key on a map and begin to use the information in activities</p> <p>Preparation & Organisation- Choose the best equipment for an outdoor activity. Create an outdoor activity that challenges others. Create a simple plan of an activity for others to follow. Identify the quickest route to accurately navigate an orienteering course.</p> <p>Communication- Communicate clearly and effectively with others. Work effectively as part of a team.</p> <p>Compete/Perform- Complete an orienteering course on multiple occasions, in a quicker time due to improved technique.</p> <p>Offer a detailed and effective evaluation of both personal performances and activities.</p> <p>Improve a trail to increase the challenge of the course.</p> <p>Evaluate- Choose and use criteria to evaluate own and others' performances.</p> <p>Explain why they have used particular skills or techniques, and the effect they have had on their performance.</p> <p><u>Basketball</u></p> <p>Throwing and Catching- Consolidate different ways of throwing and catching, and know when each is appropriate in a game.</p> <p>Travelling with a ball- Use a variety of ways to dribble in a game with success.</p>	<p><u>Athletics</u></p> <p>Running- Identify their reaction times when performing a sprint start. Accelerate from a variety of different starting positions. Confidently and independently select the most appropriate pace for different distances and different parts of a run.</p> <p>Jumping- improve techniques for jumping for distance. Perform an effective standing long jump. Land safely and with control. Investigate different jumping techniques.</p> <p>Throwing- Perform a fling throw. Throw a variety of implements using a range of throwing techniques. Measure and record the distance of their throws. Continue to develop techniques to throw for increased distance.</p> <p>Perform- Consistently perform and apply skills and techniques with accuracy and control.</p> <p>Take part in competitive games with strong understanding of tactics and composition.</p> <p>Evaluate- Choose and use criteria to evaluate own and others performances. Explain why they have used particular skills or techniques, and the effect they have had on their performance.</p> <p><u>Cricket</u></p> <p>Striking & Hitting a ball- Use different techniques to hit a ball.</p> <p>Identify and apply techniques for hitting a tennis ball.</p> <p>Explore when different shots are best to use.</p> <p>Develop a backhand technique and use it in a game.</p> <p>Practise techniques for all strokes.</p> <p>Passing a ball- Pass a ball with speed and accuracy using appropriate techniques in a game situation.</p> <p>Attacking & defending- Choose the best tactics for attacking and defending. Use</p>

	<p>Explain why they have used particular skills or techniques, and the effect they have had on their performance.</p>		<p>Attacking & defending- Choose the best tactics for attacking and defending.</p> <p>Tactics & Rules- Know when to pass and when to dribble in a game.</p> <p>Devise and adapt rules to create their own game.</p> <p>Perform- Consistently perform and apply skills and techniques with accuracy and control.</p> <p>Take part in competitive games with a strong understanding of tactics and composition.</p> <p>Evaluate- Choose and use criteria to evaluate own and others performance.</p> <p>Explain why they have used particular skills or techniques, and the effect they have had on their performance.</p>		<p>Use ball skills in various ways and begin to link together.</p> <p>Passing a ball- Pass a ball with speed and accuracy using appropriate techniques in a game situation.</p> <p>Possession- Keep and win back possession of the ball effectively in a team game.</p> <p>Using space-Demonstrate an increasing awareness of space.</p> <p>Attacking & defending- Choose the best tactics for attacking and defending.</p> <p>Shoot in a game.</p> <p>Tactics & Rules- Know when to pass and when to dribble in a game.</p> <p>Devise and adapt rules to create their own game.</p> <p>Perform- Consistently perform and apply skills and techniques with accuracy and control.</p> <p>Take part in competitive games with a strong understanding of tactics and composition.</p> <p>Evaluate- Choose and use criteria to evaluate own and others performance.</p> <p>Explain why they have used particular skills or techniques, and the effect they have had on their performance.</p>	<p>fielding skills as a team to prevent the other team from scoring.</p> <p>Tactics & Rules- Know when to pass and when to dribble in a game.</p> <p>Devise and adapt rules to create their own game.</p> <p>Perform- Consistently perform and apply skills and techniques with accuracy and control.</p> <p>Take part in competitive games with a strong understanding of tactics and composition.</p> <p>Evaluate- Choose and use criteria to evaluate own and others performance.</p> <p>Explain why they have used particular skills or techniques, and the effect they have had on their performance.</p>
Year 6	<p><u>Gymnastics Sequences</u></p> <p>Travelling in different ways- straight jump full turn, cat leap half turn, pivot</p> <p>Rolls- Dive forward roll, backward roll to standing pike, pike backward roll</p> <p>Jumps- cat leap full turn, stag leap</p> <p>Vaults-straddle over vault.</p> <p>Handstand, cartwheels & round offs- hurdle step, hurdle step into cartwheel, hurdle step into round off</p> <p>Balances & shapes- Full body weight partner balances</p> <p>Evaluate- Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</p> <p>Perform- link actions to create a complex sequence using a full range of movement that showcases different agilities, performed in time to music. Perform and apply a variety of skills and techniques confidently, consistently and with precision. Begin to record their peers' performances and evaluate these.</p> <p><u>Indoor games & Team building</u></p> <p>Communication- Communicate clearly and effectively with others when under pressure. Work effectively as part of a team, demonstrating leadership skills</p> <p>Problem Solving- Use clear communication to effectively complete a particular role in a team.</p> <p>Attacking & defending- Think ahead and create a plan of attack and defence. Apply knowledge of skills for attacking and defending.</p> <p>Tactics & Rules- Follow and create complicated rules to play a game successfully. Communicate plans to others during a game. Lead others during a game.</p> <p>Perform- Perform and apply a variety of skills and techniques confidently, consistently and with precision.</p> <p>Take part in competitive games with a strong understanding of tactics and composition.</p>	<p><u>Dance</u></p> <p>Skills- Use dramatic expression in dance movements and motifs. Perform with confidence, , using a range of movement patterns. Demonstrate strong and controlled movements throughout a dance sequence. Combine flexibility, techniques and movements to create a fluent sequence. Move appropriately and with the required style in relation to the stimulus, e.g. using various levels, ways of travelling and motifs. Move rhythmically and accurately in dance sequences. Dance with fluency and control, linking all movements and ensuring that transitions flow. Demonstrate consistent precision when performing dance sequences. Modify some elements if a sequence as a result of self and peer evaluation. Use complex dance vocabulary to compare and improve work.</p> <p>Perform- Link actions to create a complex sequence using a full range of movement. Perform the sequence in time to music. Perform and apply a variety of skills and techniques confidently and with precision.</p> <p>Evaluate- Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</p> <p><u>Boxing/Fitness</u></p> <p>Understand the importance of warming up and cooling down.</p> <p>Carry out warm-ups and cool-downs safely and effectively.</p> <p>Understand why exercise is good for health, fitness and wellbeing.</p> <p>Know ways they can become healthier.</p>	<p><u>Tag Rugby</u></p> <p>Throwing and Catching- Throw and catch accurately and successfully under pressure in a game.</p> <p>Travelling with a ball- Show confidence in using ball skills in various ways in a game situation, and link these together effectively.</p> <p>Passing a ball- Choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move.</p> <p>Possession- Keep and win back possession of the ball effectively and in a variety of ways in a team game.</p> <p>Using space- Demonstrate a good awareness of space.</p> <p>Attacking & defending- Think ahead and create a plan of attack and defence. Apply knowledge of skills for attacking and defending.</p> <p>Tactics & Rules- Follow and create complicated rules to play a game successfully. Communicate plans to others during a game. Lead others during a game.</p> <p>Perform- Perform and apply a variety of skills and techniques confidently, consistently and with precision.</p> <p>Take part in competitive games with a strong understanding of tactics and composition.</p> <p>Evaluate- Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</p> <p><u>Tennis</u></p> <p>Striking & Hitting a ball- Use good hand-eye coordination to be able to direct a ball when striking or hitting.</p> <p>Understand how to serve in order to start a game.</p> <p>Attacking & defending- Think ahead and create a plan of attack and defence. Apply knowledge of skills for attacking and defending.</p> <p>Tactics & Rules- Follow and create complicated rules to play a game successfully.</p>	<p><u>Football</u></p> <p>Travelling with a ball- Show confidence in using ball skills in various ways in a game situation, and link these together effectively.</p> <p>Passing a ball- Choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move.</p> <p>Possession- Keep and win back possession of the ball effectively and in a variety of ways in a team game.</p> <p>Using space- Demonstrate a good awareness of space.</p> <p>Attacking & defending- Think ahead and create a plan of attack and defence. Apply knowledge of skills for attacking and defending.</p> <p>Tactics & Rules- Follow and create complicated rules to play a game successfully. Communicate plans to others during a game. Lead others during a game.</p> <p>Perform- Perform and apply a variety of skills and techniques confidently, consistently and with precision.</p> <p>Take part in competitive games with a strong understanding of tactics and composition.</p> <p>Evaluate- Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</p> <p><u>Basketball</u></p> <p>Throwing and Catching- Throw and catch accurately and successfully under pressure in a game.</p> <p>Travelling with a ball- Show confidence in using ball skills in various ways in a game situation, and link these together effectively.</p> <p>Passing a ball- Choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move.</p> <p>Possession- Keep and win back possession of the ball effectively and in a variety of ways in a team game.</p> <p>Using space- Demonstrate a good awareness of space.</p>	<p><u>OAA</u></p> <p>Trails- Orientate themselves with confidence and accuracy around an orienteering course when under pressure.</p> <p>Design an orienteering course that is clear to follow and offers challenge to others.</p> <p>Use navigation equipment (maps, compasses) to improve the trail.</p> <p>Problem Solving- Use clear communication to effectively complete a particular role in a team. Compete in orienteering activities both as part of a team and independently. Use a range of map styles and make an informed decision on the most effective.</p> <p>Preparation & Organisation- Choose the best equipment for an outdoor activity. Prepare an orienteering course for others to follow. Identify the quickest route to accurately navigate an orienteering course. Manage an orienteering event for others to compete in.</p> <p>Communication- Communicate clearly and effectively with others when under pressure. Work effectively as part of a team, demonstrating leadership skills</p> <p>Compete/Perform- Complete an orienteering course on multiple occasions, in a quicker time due to improved technique.</p> <p>Offer a detailed and effective evaluation of both personal performances and activities with an aim of increasing challenge and improving performance. Listen to feedback and improve an orienteering course from it.</p> <p>Evaluate- Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</p> <p><u>Cricket</u></p> <p>Striking & Hitting a ball- Hit a bowled ball over longer distances.</p> <p>Use good hand-eye coordination to be able to direct a ball when striking or hitting.</p> <p>Throwing and Catching- Throw and catch accurately and successfully under pressure in a game.</p>	<p><u>Swimming</u></p> <p><u>Lessons constructed by Meadway Sports Centre</u></p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Perform safe self-rescue in different water-based situations</p> <p><u>Athletics</u></p> <p>Running- Build up speed quickly for a sprint finish. Use their preferred leg when running over hurdles. Accelerate to pass other competitors. Work as a team to competitively perform a relay.</p> <p>Jumping- Develop the technique for the standing vertical jump. Maintain control at each of the different stages of the triple jump. Land safely and with control. Develop and improve their techniques for jumping for height and distance and support others in improving their performance.</p> <p>Throwing- Develop the technique for the push, pull and fling throw and support others in improving their performance. Accurately measure and record the distance of their throws.</p> <p>Perform- Perform and apply a variety of skills and techniques confidently, consistently and with precision. Take part in competitive games with a strong understanding of tactics and composition.</p> <p>Evaluate-Thoroughly evaluate their own and others work, suggesting thoughtful and appropriate improvements.</p>

	Evaluate- Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.		Communicate plans to others during a game. Lead others during a game. Perform- Perform and apply a variety of skills and techniques confidently, consistently and with precision. Take part in competitive games with a strong understanding of tactics and composition. Evaluate- Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.	Attacking & defending- Think ahead and create a plan of attack and defence. Apply knowledge of skills for attacking and defending. Tactics & Rules- Follow and create complicated rules to play a game successfully. Communicate plans to others during a game. Lead others during a game. Perform- Perform and apply a variety of skills and techniques confidently, consistently and with precision. Take part in competitive games with a strong understanding of tactics and composition. Evaluate- Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.	Attacking & defending- Think ahead and create a plan of attack and defence. Apply knowledge of skills for attacking and defending. Work as a team to develop fielding strategies to prevent the opposition from scoring. Tactics & Rules- Follow and create complicated rules to play a game successfully. Communicate plans to others during a game. Lead others during a game. Perform- Perform and apply a variety of skills and techniques confidently, consistently and with precision. Take part in competitive games with a strong understanding of tactics and composition. Evaluate- Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.	
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